附件:

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| **2023年南昌县交通运输局执法人员体能测试评分标准** |
| 体能测试分为2个项目，其中男子项目为：1000米跑（占体能成绩50%）+俯卧撑（占体能成绩50%）；女子项目为：800米跑（占体能成绩50%）+仰卧起坐（占体能成绩50%）。两项成绩乘以所占比例加总即为体能总成绩，具体评分标准如下： |
|  | **男子体能测试两项评分标准** | **女子体能测试两项评分标准** |  |
| **档次** | **1000米跑** | **一分钟俯卧撑** | **800米跑** | **一分钟仰卧起坐** | **得分分值** |
| （分′秒″） | （个） | （分′秒″） | （个） |
| 1 | ≤3′35″ | 60 | ≤3′20″ | 60 | **100** |
| 2 | ≤3′36″ |  | ≤3′21″ |  | **99** |
| 3 | ≤3′37″ | 59 | ≤3′22″ | 59 | **98** |
| 4 | ≤3′38″ |  | ≤3′23″ |  | **97** |
| 5 | ≤3′39″ | 58 | ≤3′24″ | 58 | **96** |
| 6 | ≤3′40″ |  | ≤3′25″ |  | **95** |
| 7 | ≤3′41″ | 57 | ≤3′26″ | 57 | **94** |
| 8 | ≤3′42″ |  | ≤3′27″ |  | **93** |
| 9 | ≤3′43″ | 56 | ≤3′28″ | 56 | **92** |
| 10 | ≤3′44″ |  | ≤3′29″ |  | **91** |
| 11 | ≤3′45″ | 55 | ≤3′30″ | 55 | **90** |
| 12 | ≤3′46″ |  | ≤3′31″ |  | **89** |
| 13 | ≤3′47″ | 54 | ≤3′32″ | 54 | **88** |
| 14 | ≤3′48″ |  | ≤3′33″ |  | **87** |
| 15 | ≤3′49″ | 53 | ≤3′34″ | 53 | **86** |
| 16 | ≤3′50″ |  | ≤3′35″ |  | **85** |
| 17 | ≤3′51″ | 52 | ≤3′36″ | 52 | **84** |
| 18 | ≤3′52″ |  | ≤3′37″ |  | **83** |
| 19 | ≤3′53″ | 51 | ≤3′38″ | 51 | **82** |
| 20 | ≤3′54″ |  | ≤3′39″ |  | **81** |
| 21 | ≤3′55″ | 50 | ≤3′40″ | 50 | **80** |
| 22 | ≤3′56″ |  | ≤3′41″ |  | **79** |
| 23 | ≤3′57″ | 49 | ≤3′42″ | 49 | **78** |
| 24 | ≤3′58″ |  | ≤3′43″ |  | **77** |
| 25 | ≤3′59″ | 48 | ≤3′44″ | 48 | **76** |
| 26 | ≤4′00″ |  | ≤3′45″ |  | **75** |
| 27 | ≤4′01″ | 47 | ≤3′46″ | 47 | **74** |
| 28 | ≤4′02″ |  | ≤3′47″ |  | **73** |
| 29 | ≤4′03″ | 46 | ≤3′48″ | 46 | **72** |
| 30 | ≤4′04″ |  | ≤3′49″ |  | **71** |
| 31 | ≤4′05″ | 45 | ≤3′50″ | 45 | **70** |
| 32 | ≤4′06″ |  | ≤3′51″ |  | **69** |
| 33 | ≤4′07″ | 44 | ≤3′52″ | 44 | **68** |
| 34 | ≤4′08″ |  | ≤3′53″ |  | **67** |
| 35 | ≤4′09″ | 43 | ≤3′54″ | 43 | **66** |
| 36 | ≤4′10″ |  | ≤3′55″ |  | **65** |
| 37 | ≤4′11″ | 42 | ≤3′56″ | 42 | **64** |
| 38 | ≤4′12″ |  | ≤3′57″ |  | **63** |
| 39 | ≤4′13″ | 41 | ≤3′58″ | 41 | **62** |
| 40 | ≤4′14″ |  | ≤3′59″ |  | **61** |
| 41 | ≤4′15″ | 40 | ≤4′00″ | 40 | **60** |
| 42 | ≤4′16″ |  | ≤4′01″ |  | **59** |
| 43 | ≤4′17″ | 39 | ≤4′02″ | 39 | **58** |
| 44 | ≤4′18″ |  | ≤4′03″ |  | **57** |
| 45 | ≤4′19″ | 38 | ≤4′04″ | 38 | **56** |
| 46 | ≤4′20″ |  | ≤4′05″ |  | **55** |
| 47 | ≤4′21″ | 37 | ≤4′06″ | 37 | **54** |
| 48 | ≤4′22″ |  | ≤4′07″ |  | **53** |
| 49 | ≤4′23″ | 36 | ≤4′08″ | 36 | **52** |
| 50 | ≤4′24″ |  | ≤4′09″ |  | **51** |
| 51 | ≤4′25″ | 35 | ≤4′10″ | 35 | **50** |
| 52 | ≤4′26″ |  | ≤4′11″ |  | **49** |
| 53 | ≤4′27″ | 34 | ≤4′12″ | 34 | **48** |
| 54 | ≤4′28″ |  | ≤4′13″ |  | **47** |
| 55 | ≤4′29″ | 33 | ≤4′14″ | 33 | **46** |
| 56 | ≤4′30″ |  | ≤4′15″ |  | **45** |
| 57 | ≤4′31″ | 32 | ≤4′16″ | 32 | **44** |
| 58 | ≤4′32″ |  | ≤4′17″ |  | **43** |
| 59 | ≤4′33″ | 31 | ≤4′18″ | 31 | **42** |
| 60 | ≤4′34″ |  | ≤4′19″ |  | **41** |
| 61 | ≤4′35″ | 30 | ≤4′20″ | 30 | **40** |
| 62 | ≤4′36″ |  | ≤4′21″ |  | **39** |
| 63 | ≤4′37″ | 29 | ≤4′22″ | 29 | **38** |
| 64 | ≤4′38″ |  | ≤4′23″ |  | **37** |
| 65 | ≤4′39″ | 28 | ≤4′24″ | 28 | **36** |
| 66 | ≤4′40″ |  | ≤4′25″ |  | **35** |
| 67 | ≤4′41″ | 27 | ≤4′26″ | 27 | **34** |
| 68 | ≤4′42″ |  | ≤4′27″ |  | **33** |
| 69 | ≤4′43″ | 26 | ≤4′28″ | 26 | **32** |
| 70 | ≤4′44″ |  | ≤4′29″ |  | **31** |
| 71 | ≤4′45″ | 25 | ≤4′30″ | 25 | **30** |
| 72 | ≤4′46″ |  | ≤4′31″ |  | **29** |
| 73 | ≤4′47″ | 24 | ≤4′32″ | 24 | **28** |
| 74 | ≤4′48″ |  | ≤4′33″ |  | **27** |
| 75 | ≤4′49″ | 23 | ≤4′34″ | 23 | **26** |
| 76 | ≤4′50″ |  | ≤4′35″ |  | **25** |
| 77 | ≤4′51″ | 22 | ≤4′36″ | 22 | **24** |
| 78 | ≤4′52″ |  | ≤4′37″ |  | **23** |
| 79 | ≤4′53″ | 21 | ≤4′38″ | 21 | **22** |
| 80 | ≤4′54″ |  | ≤4′39″ |  | **21** |
| 81 | ≤4′55″ | 20 | ≤4′40″ | 20 | **20** |
| 82 | ≤4′56″ |  | ≤4′41″ |  | **19** |
| 83 | ≤4′57″ | 19 | ≤4′42″ | 19 | **18** |
| 84 | ≤4′58″ |  | ≤4′43″ |  | **17** |
| 85 | ≤4′59″ | 18 | ≤4′44″ | 18 | **16** |
| 86 | ≤5′00″ |  | ≤4′45″ |  | **15** |
|  | 以下无成绩 | 以下无成绩 | 以下无成绩 | 以下无成绩 | **0** |